



Library catalogue

Our branch resource library was initially established thanks to funding from the Local Network Fund.

The Library will be open at our Parent Support Group meetings, usually held on the 3rd Monday of the month. For those unable to attend meetings regularly, members may contact the Branch Officer to join the library and specific items, if available, may be reserved for arranged collection. Please see the conditions below:

Conditions of library membership and loan

- Membership is open to all members of the South Hampshire Branch of the National Autistic Society.
- A one-off, returnable library membership deposit of £5.00 will be charged.
- Up to 3 items may be loaned for a maximum of two months.
- All items must be returned promptly, in good condition, either to a branch meeting or directly to the Branch Officer, Tel: 07767 618325.
- Videos and other special items will be subject to an individual returnable deposit each time they are loaned.
- Lost or damaged items must be replaced by the borrower, otherwise failure to return items or returning damaged items will result in cancellation of membership and any deposits being retained by the branch.

If you wish to purchase any of these items, prices are indicated below. Most items are available from either the National Autistic Society publications department (NAS) or Jessica Kingsley Publishers (JK).

Books

1001 Great Ideas for Teaching and Raising Children with Autism Spectrum Disorders NEW! Ref: 245
Ellen Notbohm £12.47

Parents and professionals can now bypass countless hours spent seeking answers to the mystifying day-to-day challenges of autism. In a snappy, can-do format, this book offers page after page of try-it-now solutions that have worked for thousands of children grappling with sensory, communication, social, behavioral, and self-care issues. Not only does it provide ideas and activities that can be put into action immediately, but it also explains why these methods work so that adults can better understand the children they are working with.

A Book About What Autism Can Be Like NEW! Ref: 203
Sue Adams NAS £6.99

Sue explains in child-friendly terms the differences that can come with autism: different ways of processing information, different sensory awareness - different wants and needs. Sue also explores the gifts that autism brings and her cheerful illustrations emphasise her positive message: it's cool to be different. Sue is a secondary school teacher and mother of three children, including Chris, who has autism.

A Friend Like Henry NEW! Ref: 247
Nuala Gardner £4.90

This is the inspiring account of a family's struggle to break into their son's autistic world - and how a beautiful retriever dog made the real difference.

A mind of one's own NEW! Ref: 269
Digby Tantam and Sue Prestwood NAS £4.50

This is a valuable book offering guidance on supporting an adult with high functioning autism or Asperger syndrome. It deals practically with the emotional and physical issues arising throughout an individual's life, such as marriage, developing hobbies and ageing.

A Real Boy: How Autism Shattered Our Lives - and Made a Family from the Pieces NEW! Ref: 244
Christopher Stevens with Nicola Stevens £4.03

This wonderfully honest book tells us a great deal, not only about autism, but also about the extraordinary tolerance and unselfishness that is borne out of unequivocal love. At the same time, it reveals some uncomfortable truths about the struggle it takes to access the rights of those with disabilities in our so-called civilized society.

A Special Book About Me: A Book for Children Diagnosed with Asperger Syndrome (Asperger Syndrome After the Diagnosis) NEW! Ref: 227

Josie Santomauro and Carla Marino JK £5.99

This book offers a fun and accessible introduction for a child diagnosed with Asperger Syndrome (AS). Intended as a support tool in the initial period after diagnosis, it is varied and engaging, and addresses questions or concerns that the child might have, such as 'What are the characteristics of ASD?', 'Why did it happen to me?', and 'What happens now?'. Also included are poems, stories, illustrations and activities to help them come to terms with and move forward from a diagnosis of AS. This will be essential reading for children in the initial period after a diagnosis of AS.

Able Autistic children - children with Asperger Syndrome: a booklet for brothers and sisters Ref: 007
Julie Davis NAS £2.95

Designed for siblings of children with able autism or Asperger syndrome from the age of seven, this booklet focuses on Asperger syndrome and sibling experiences.

Accessing the curriculum for pupils with autistic spectrum disorders

Ref: 035

Gary Mesibov and Marie Howley

NAS £17.00

Shows how the TEACCH methods of Structured Teaching can enable pupils on the autistic spectrum to learn. It offers many helpful strategies to schools and parents and . It also covers other issues such as break time and assembly.

Adam's Alternative Sports Day - An Asperger Story

Ref: 050

Jude Welton

NAS £9.95

Nine year old Adam normally dreads sports day as he always comes last in everything. But this year head announces an alternative sports day, with quizzes, riddles and a chance for Adam to win something at last. A great story which looks at the day-to-day ups and the downs of pupils with Asperger syndrome with insight and humour.

Addressing the Challenging Behaviour of Children with High-Functioning Autism/Asperger Syndrome in the Classroom - A Guide for Teachers and Parents

Ref: 033

Rebecca A. Moyes

NAS £15.95

Rebecca explores the causes of challenging behaviour and offers positive behaviour support plans. She shows teachers useful classroom supports and teaching strategies to help students learn the skills needed to move on from using challenging behaviour to deal with their difficulties.

ADHD - Living without Brakes NEW!

Ref: 228

Martin L. Kutscher MD

JK £12.99

This concise and highly accessible book contains everything that parents and busy professionals need to know about ADHD. The author describes the spectrum of ADHD, the co-occurring symptoms, and common difficulties that parents face. The rest of the book focuses on solutions, based around four rules.

ADHD/Hyperactive children, a guide for parents

Ref: 190

Hyperactive Children's Support Group

£5.00

Between the covers of this A4 Book the HACSG has assembled the collective experience of parents and professionals over a period of almost 30 years.

Adults on the Autism Spectrum Leave the Nest - Achieving Supported Independence NEW!

Ref: 229

Nancy Perry

JK £13.99

Children on the Autism Spectrum often grow up to find they are unable to cope effectively with the challenges of adult life. This book shows that, with the appropriate lifelong care from parents and carers, it is possible for those with neurodevelopmental disabilities to achieve supported independence and live fulfilling adult lives. This book provides practical and accessible guidance for parents, therapists, people with ASDs, and anyone with an interest in helping people on the Autism Spectrum lead their lives with a sense of dignity and independence.

Advocacy for adults with autism spectrum disorders a guide NEW!

Ref: 279

Jennie Parsons

NAS £3.00

The pack was developed as a result of our work with advocates and advocacy organisations across England funded by the Department of Health. The advocacy sector is wide and diverse, with advocates experience of working with people with autism being just as varied. This book is designed as an introduction for advocates working with someone with autism for the first time, as well as a refresher for people who already work with this client group.

All Cats Have Asperger Syndrome

Ref: 167

Kathy Hoopmann

£9.99

This book takes a playful look at Asperger Syndrome, drawing inspiration from the feline world in a way that will strike a chord with all those who are familiar with AS. Delightful colour photographs of cats bring to life familiar characteristics such as sensitive hearing, scampering at the first sign of being stroked, and particular eating habits. Touching, humorous and insightful, this book evokes the difficulties and joys of raising a child who is different and leaves the reader with a sense of the dignity, individuality, and potential of people with AS.

All Dogs Have ADHD NEW!

Ref: 230

Kathy Hoopmann

JK £9.99

This delightful book combines humour with understanding to reflect the difficulties and joys of raising a child with ADHD and celebrates what it means to be considered 'different'. This absorbing and enjoyable book takes a refreshing approach to understanding ADHD.

Alone Together - Making an Asperger Marriage Work NEW!

Ref: 231

Katrin Bentley

JK £12.99

Alone Together shares the struggle of one couple to rescue their marriage. It is uplifting and humorous, and includes plenty of tips to making an Asperger marriage succeed. This book offers couples hope, encouragement and strategies for their own marriages.

Anne Droyd and Century Lodge

Ref: 095

Will Hadcroft

JK £9.95

This Asperger adventure explores the human condition and the need to integrate into a society that demands conformity. The author's pun on 'android' introduces the theme of alienation that runs throughout, a tool used to provide comfort to individuals who feel like 'aliens', excluded in a social environment. Readers will be captivated by the heroic characters and the colourful plot, and engaged by Hadcroft's imaginative presentation of real-life issues such as smoking, bullying and peer acceptance.

Appreciating Asperger Syndrome - Looking at the Upside - with 300 Positive Points NEW!

Ref: 204

Brenda Boyd

NAS £12.99

The message of this book is that for every negative there are many positives. Brenda discusses the characteristics of Asperger syndrome and shows that there are many positive aspects to them. She explains why people with Asperger syndrome approach life in the way they do and what an enormous contribution they make to the world. Brenda is the mother of Kenneth Hall, who wrote Asperger syndrome, the universe and everything at the age of 10. She herself has an autism diagnosis.

Art of hiding vegetables: Sneaky ways to feed your children healthy food, The

Ref: 067

Karen Bali and Sally Childs

NAS £7.99

Many children with ASD are very fussy eaters. This book is a treasure trove of recipes, strategies and tricks to get even the fussiest on the road to healthier eating.

Asparagus Dreams

Ref: 096

Jessica Peers

JK £12.95

Expelled from mainstream education and vaguely aware she has something called 'Asparagus' Syndrome, 12-year-old Jessica is sent away to a residential school for young people with autism. Here, at first miserable and misunderstood, she spends the next five years trying to cope with the strict school system - fighting against misguided teacher interventions, dealing with the onset of adolescence and fitting in with the other pupils. Recalling her school years with humour and insight, Jessica takes the reader right inside what it feels like to have AS. Her account will open the eyes of readers to the difficulties, and the rewards, of this condition.

Aspects of Asperger's: success in the teens and twenties

Ref: 045

Maude Brown and Alex Miller

NAS £13.99

This book is the work of Alex who has Asperger syndrome and her grandmother Maude. It offers practical advice on living life today with Asperger syndrome, including money, romance, friendship and daily living skills.

Asperger Marriage, An

Ref: 024

Gisela and Christopher Slater-Walker

NAS £12.95

Chris and Gisela have been together for 12 years and four years ago Chris was diagnosed with Asperger syndrome. Their book is the first to examine a successful relationship from both perspectives. It is essential reading for similar couples and also the organisations that support such relationships.

Asperger Meets Girl: Happy Endings for Asperger Boys NEW!

Ref: 205

Jonathan Griffiths

NAS £11.99

Men with Asperger syndrome often experience difficulty with social interaction and so find it hard to get a girlfriend. This book demystifies the enigma of 'relationships' by explaining everything in Asperger-friendly terms (some of them mathematical, naturally), with witty cartoons to provide visual supports.

Asperger syndrome - an overview

Ref: 088

Stephan Ehlers and Christopher Gillberg

NAS £6.00

A really helpful guide to the condition by two of the most eminent experts in the field.

Asperger syndrome - practical strategies for the classroom: a teacher's guide

Ref: 009

Leicester City Council and Leicestershire County Council

NAS £10.99

This practical book is divided into six areas where difficulties may arise for a child with Asperger syndrome. The book describes the type of behaviours a pupil may present and directs the teacher to the relevant section for guidance. Aimed at teachers but parents will also find it a great support.

Asperger Syndrome - what teachers need to know

Ref: 150

Matt Winter

JK £10.95

As awareness of Asperger Syndrome (AS) grows, it becomes increasingly important that all professionals have a familiarity with and understanding of the condition. However, for teachers, who have minimal spare time, it is difficult to access the details they need for working with AS children without wading through extensive books aimed at parents and professionals. *Asperger Syndrome - What Teachers Need to Know* bridges this gap and is the ideal starting point for teachers wishing to learn about Asperger Syndrome and how best to work with and get the most from a child with an ASD. Providing a summary of currently available information on AS and covering all the key issues that will concern teachers (e.g. social skills, homework, playground behaviour, assisting with study), Matt Winter, a teacher himself, imparts tips and practical ideas that he has found successful and invaluable for anyone working in a school environment.

Asperger Syndrome and Adolescence - Practical Solutions for School Success

Ref: 097

Brenda Smith Myles and Diane Adreon

JK £15.95

The middle school years, pose challenges for all young people. In this comprehensive and thorough book, the authors start with an overview of those characteristics of AS that make adolescence particularly challenging and difficult. Central to the book is a detailed discussion of strategies and supports necessary to ensure a successful school experience for students with AS at the middle and secondary levels. What sets this book apart is the way it ties all the recommended strategies together in a real-life case study of Michael, a youth with AS. This touch of real life continues in the closing chapter, which consists of statements by parents and adolescents with Asperger Syndrome about the transition years. This book is critical reading for everybody who lives or works with an adolescent with Asperger Syndrome.

Asperger Syndrome and Alcohol: Drinking to Cope? NEW!

Ref: 206

Matthew Tinsley and Sarah Hendrickx

NAS £13.99

This book provides an overview of autism and alcohol abuse, explores current knowledge and offers a personal perspective. Matthew explores his own personal history as someone with Asperger syndrome who has experienced and beaten alcohol addiction.

Asperger Syndrome and Anxiety - A Guide to Successful Stress Management NEW!

Ref: 232

Nick Dubin

JK £13.99

Asperger Syndrome and Anxiety provides real solutions to a common problem and is essential reading for anyone with AS who has trouble managing stress. The book will also be of interest to family members, teachers and other professionals working with individuals with AS.

- Asperger Syndrome and Bullying: Strategies and Solutions NEW!** Ref: 233
Nick Dubin JK £12.99
Writing in an accessible, informal style, the author describes the bullying behavior he and other individuals have experienced, and the effect this has had on their lives. He outlines the reasons for bullying behavior and the danger of persistent recurrence if it remains unchecked, as well as the critical importance of "involving the bystander". Nick Dubin goes on to provide a range of effective strategies to address bullies and bullying that can be applied by parents, professionals, schools, and individuals being bullied. He stresses the importance of peer intervention, empathetic teachers, and verbal self-defense, and shows how lack of support, condemning of "tale telling," or even blaming the victim reinforces bullying.
- Asperger Syndrome and Difficult Moments: Practical Solutions for Tantrums, Rage and Meltdown** Ref: 016
Brenda Smith Myles and Jack Southwick NAS £14.95
This gives a practitioner's overview of reasons why young people with Asperger syndrome can be 'wound up' by those around them. It describes techniques which can help to reduce environmental stress and so prevent 'meltdown' situations. This book is ideal for secondary teachers.
- Asperger Syndrome and Employment - Adults Speak Out about Asperger Syndrome NEW!** Ref: 207
Edited by Genevieve Edmonds and Luke Beardon NAS £12.99
Employment is an important part of life but fewer than 20 per cent of people with Asperger syndrome are in work at any one time. This book is written by people with Asperger syndrome and draws on their personal experience.
- Asperger Syndrome and Employment: What People with Asperger Syndrome Really Really Want NEW!** Ref: 234
Sarah Hendrickx JK £13.99
Looking at expectations, motivations, working conditions and other factors, Sarah Hendrickx explores the reasons why work just doesn't work for many people with Asperger Syndrome and how to resolve these issues. Featuring personal stories from those with AS, the book highlights successful scenarios and provides suggestions for both employers and those in search of work on how to improve employment for the benefit of everyone.
- Asperger Syndrome and Sensory Issues - Practical Solutions for Making Sense of the World** Ref: 049
Brenda Smith Myles, Katherine Tapscott Cook, Nancy E. Miller, Louann Rinner and Lisa A. Robbi NAS £13.95
Written in a reader-friendly style, this book covers the impact of the sensory system on behaviour and offers a helpful set of practical interventions that can be used by parents and schools to help promote success for young people with Asperger syndrome.
- Asperger Syndrome and Social Relationships - Adults Speak Out about Asperger Syndrome NEW!** Ref: 208
Edited by Genevieve Edmonds and Luke Beardon NAS £12.99
Relationships and communication are often difficult for people with Asperger syndrome. In this book, adults with Asperger syndrome discuss social relationships, offer advice and support for others with the condition and provide insights into their perspectives for people working and interacting with them. They evaluate a range of social contexts and relationship aspects.
- Asperger Syndrome in Adolescence: Living with the Ups, the Downs and Things in Between** Ref: 036
Edited by Liane Holliday Willey, Foreword by Luke Jackson NAS £13.95
Adolescence is a difficult time for any teenager, but when you have Asperger Syndrome this already emotionally complex time of life becomes all the more challenging. Reflecting the views of parents, professionals and those with AS themselves, this book tackles issues that are pertinent to all teenagers, such as sexuality, depression and friendship, as well as discussing topics like disclosure and therapeutic alternatives that are more specific to those with AS. This book aims to make the transition from child to adult as smooth as possible, and is an essential survival guide to adolescence.
- Asperger Syndrome in the Family; Redefining Normal** Ref: 098
Liane Holliday Willey JK £12.95
The follow up to Pretending to be Normal. Liane Holliday Willey and one of her daughters both have Asperger Syndrome. In Asperger Syndrome in the Family she looks, with honesty, wisdom and humour, at the implications this has for her family.
- Asperger Syndrome Pocketbook NEW!** Ref: 209
Ronnie Young NAS £7.99
This is a fantastic little guide, aimed at teachers and support staff and full of practical advice and useful tips. Ronnie deals with social interaction, special interests, repetition, change, verbal and non-verbal communication, unusual sensitivities and anger management. SENCOs, teachers and LSAs in primary and secondary schools will find it extremely useful.
- Asperger Syndrome, Adolescence, and Identity - Looking Beyond the Label** Ref: 099
Harvey Molloy and Latika Vasil JK £13.95
How do teenagers with Asperger Syndrome view themselves and their own lives? This book is based on extensive interviews with adolescents diagnosed with AS. It includes six life stories, written in collaboration with the teenagers themselves. These present an authentic and fascinating look at the lives of the teenagers and how AS has shaped their growing identities. The stories provide the basis for a discussion of common themes and issues facing teenagers with AS. Asperger Syndrome, Adolescence and Identity also questions the medicalized deficit approach to Asperger Syndrome and discusses the social repercussions of labelling teenagers as having AS.

Asperger Syndrome, the Universe and Everything

Kenneth Hall

Ref: 156

JK £9.95

Kenneth Hall was diagnosed with Asperger Syndrome at the age of eight. He is in a unique position to describe some of the inner experiences and perceptions of autism in childhood. He has a warm and positive attitude to AS which other children will find inspiring. Insights, struggles and joys are recounted vividly in a frank and humorous way. His book is for anyone interested in understanding more about autism, including parents, siblings, teachers and professionals.

Asperger syndrome: a practical guide for teachers

Val Cumine, Julia Leach and Gill Stevenson

Ref: 010

NAS £18.00

This is a clear and concise guide to effective classroom practice for teachers and support assistants working with children with Asperger syndrome in mainstream schools and other non-specialist settings. The book seeks to inform and equip professionals meeting a child with Asperger syndrome for the first time with effective educational and behavioural strategies.

Asperger syndrome: an overview NEW!

Christopher Gillberg and Stephan Ehlers

Ref: 270

NAS £6.00

A helpful introduction to the condition by two of the most eminent experts in the field, aimed at parents of young people with Asperger syndrome, as well as professionals who want a concise description.

Asperger's and Girls NEW!

Tony Attwood

Ref: 255

£9.44

This book describes the unique challenges of women and girls with Asperger's Syndrome. In it you'll read candid stories written by the indomitable women who have lived them. You'll also hear from experts who discuss whether 'Aspie girls' are slipping under the radar, undiagnosed; why many AS women feel like a minority within a minority (outnumbered by men 4:1); practical solutions school systems can implement for girls; social tips for teenage girls, navigating puberty, the transition to work or university, and the importance of careers.

Asperger's Syndrome and High Achievement - Some Very Remarkable People

Ioan James

Ref: 070

NAS £13.99

Twenty famous people who may have had Asperger syndrome, including Michelangelo, Jonathon Swift, Patricia Highsmith, Isaac Newton. Their inspiring stories show how some very clever people coped with life with the condition.

Asperger's Syndrome and Sexuality. From Adolescence through Adulthood NEW!

Isabelle Hénault

Ref: 281

JK £14.99

In this comprehensive and unique guide, Isabelle Hénault delivers practical information and advice on issues ranging from puberty and sexual development, gender identity disorders, couples' therapy to guidelines for sex education programs and maintaining sexual boundaries. This book will prove indispensable to parents, teachers, counsellors and individuals with AS themselves.

Asperger's Syndrome: A Guide for Parents and Professionals

Tony Attwood

Ref: 100

JK £12.95

This accessible and readable book aims to assist parents and professionals in the identification and treatment of children and adults with Asperger syndrome. It is based on an extensive review of the literature and his experience as a specialist in this area over the past 25 years.

Asperger's syndrome: from diagnosis to solutions - a guide for parents

Phyllis Quigg and Oonagh Nugent

Ref: 064

NAS £3.00

A cheerful introduction to the condition, with lots of helpful strategies and advice.

Asperger's-If You Only Knew: "A Family's Struggle with Asperger's Syndrome" NEW!

Sophia Summers

Ref: 254

£5.89

This book is a triumphant true tale about coming to terms with one's essential self, trusting in others, welcoming laughter, and realizing one's true potential. It serves as an invaluable source of comfort, hope, and guidance to anyone touched by AS.

Autism and Asperger Syndrome (The Facts) NEW!

Simon Baron-Cohen

Ref: 250

£5.97

In this new book Simon Baron-Cohen summarizes the current understanding of autism and Asperger Syndrome. He explains the process of diagnosis, as well as the options for education and intervention for those with these conditions. This book is designed firstly for people with these conditions and their families. It will be useful to clinicians, teachers, and other professionals involved in the care and support of people on the autistic spectrum.

Autism Life Skills NEW!

Chantal Sicile-Kira

Ref: 286

£10.99

Autism Life Skills presents a positive and empowering "bill of rights" for every person with autism, regardless of impairment level. With advice and reflections from autistic adults across the spectrum, as well as Sicile-Kira's own experience as an advocate and parent of an autistic teen, the book covers ten essential life skills.

Autism with Severe Learning Difficulties (Human Horizons) NEW!

Rita Jordan

Ref: 249

£7.44

Dr Jordan shares her understanding of autism and the most effective strategies for dealing with concomitant problems. The book will be invaluable to parents, key workers and all who advise them in living and working with this fascinating group of individuals.

- Autism, Access and Inclusion on the Front Line - Confessions of an Autism Anorak** Ref: 101
Matthew Hesmondhalgh JK £13.99
Matthew Hesmondhalgh outlines the inherent problems with improving services for people on the autism spectrum, from specialised schooling to supported living schemes and examines the social issues and attitudes that people with ASDs confront in so many aspects of life. The author draws on his own experience of working at The Integrated Resource, which offers educational opportunities for secondary school aged pupils with ASDs and provides a charity funded supported employment programme for young adults with ASDs. He includes a host of case examples of young people and their parents who have fought battles for inclusion, explaining the obstacles they faced, their failures and their inspiring successes.
- Autism, Discrimination and the Law: A Quick Guide for Parents, Educators and Employers** Ref: 210
NEW!
James Graham NAS £14.99
James outlines how the legal requirements of the Disability Discrimination Act 1995 might be met for students and employees with autism spectrum disorders (ASDs). He includes an overview of current knowledge of autism and explains the changes in legislation on disability discrimination. The main part of the book is devoted to case studies from further education and employment, showing how reasonable adjustments can be made successfully.
- Autism, Play and Social Interaction NEW!** Ref: 211
Lone Gammeltoft and Marianne Sollok Nordenhof NAS £11.99
A clear guide to helping young children build their communication and social skills through play. The colour photographs clarify the strategies.
- Autism, The problem is understanding** Ref: 078
The National Autistic Society NAS £4.00
Poems, pictures, stories and photographs by people with autism or Asperger syndrome, parents and carers, families and friends and professionals working with people with autistic spectrum disorders.
- Autism's False Prophets: Bad Science, Risky Medicine, and the Search for a Cure NEW!** Ref: 248
PA Offit £12.45
An overwhelming body of scientific evidence clearly shows that childhood vaccines are safe and does not cause autism. Yet widespread fear of vaccines on the part of parents persists. In this book, Paul A. Offit, a national expert on vaccines, challenges the modern-day false prophets who have so egregiously misled the public and exposes the opportunism of the lawyers, journalists, celebrities, and politicians who support them. Offit recounts the history of autism research and the exploitation of this tragic condition by advocates and zealots.
- Autistic Planet NEW!** Ref: 235
Jennifer Elder JK £11.99
Autistic Planet is a magical world where all trains run exactly to time, where people working in offices have rocking chairs, and where all kids dream of winning the chess World Cup. Join us on a journey to this alternative reality, where being different is ordinary, and being "typical" is unheard of! Full of color illustrations and written in child-friendly rhyme, this book will be much loved by children, particularly those on the autism spectrum, their parents, teachers, carers and siblings.
- Baj and the Word Launcher - Space Age Asperger Adventures in Communication** Ref: 102
Pamela Victor JK £9.99
This entertaining adventure story will capture children's imagination while exploring the complexities of the social world. Children can read about Baj's experiences independently or with a parent or helper, and the reader can learn about body language and the unspoken rules of communication. Parents and teachers can also use this book to teach social skills to children in storytelling groups. "Stop and Think" questions that pepper the book prompt the reader to think about how they feel and react to events in the story, offering opportunities for individualized learning.
- Behavioural concerns and autistic spectrum disorders: explanations and strategies for change** Ref: 015
John Clements and Ewa Zarkowska NAS £15.95
This book is both honest and knowledgeable. It provides a fund of useful strategies to support someone whose behaviour is 'of concern' to people around them. It is a resource which will be of interest to all who work alongside people with autistic spectrum disorders, particularly those who work in residential and day services.
- Blue Bottle Mystery: An Asperger Adventure** Ref: 013
Kathy Hoopmann NAS £7.95
Aimed at 8-13 year olds, this warm, fun-filled fantasy story has a hero with Asperger syndrome. Tied up with the exciting mystery is the story of how Ben is diagnosed with Asperger syndrome and how he and his family deal with the problems and joys that come with this. This book is a delight to read and also a valuable teaching tool that demystifies Asperger syndrome. This is the original Asperger novel.
- Body language and communication: a guide for people with autism spectrum disorders** Ref: 198
Simon Perks NAS £6.00
This book discusses some simple body language techniques and a number of scenarios where we can put these into practice, such as meeting people for the first time, starting a conversation or engaging in small talk and work banter. Simon himself had difficulties understanding body language when he was young and spent a lot of time studying it. He feels that body language can be learnt in the same way as foreign languages.

- Born on a Blue Day: A Memoir of Aspergers and an Extraordinary Mind** Ref: 164
Daniel Tammet £8.49
Daniel sees numbers as shapes, colours and textures and can perform extraordinary maths in his head. He can also learn to speak a language fluently from scratch in a week. He has Savant Syndrome, an extremely rare form of Asperger's that gives him almost unimaginable mental powers, much like the Rain Man portrayed by Dustin Hoffman. Daniel has a compulsive need for order and routine - he eats exactly 45 grams of porridge for breakfast and cannot leave the house without counting the number of items of clothing he's wearing. If he gets stressed or unhappy he closes his eyes and counts. But in some ways Daniel is not at all like the Rain Man. He is virtually unique amongst people who have severe autistic disorders in being capable of living a fully independent life. It is his incredible self-awareness and ability to communicate what it feels like to live in a unique way that makes his story so powerful. Touching as well as fascinating, Born On A Blue Day explores what it's like to be special and in so doing gives us an insight into what makes us all human - our minds.
- Brotherly Feelings - Me, My Emotions, and My Brother with Asperger's Syndrome NEW!** Ref: 236
Sam Frender and Robin Schiffmiller JK £9.99
Brotherly Feelings explores the emotions that siblings of children with Asperger's Syndrome (AS) commonly experience. With illustrations throughout, this book will help siblings to understand that their emotional responses - whatever they are - are natural and OK. It is the ideal book for parents and professionals to use with siblings to discuss their emotional experiences, and will also help children with AS to form an understanding of the feelings of other family members.
- Bullying and how to deal with it: a guide for pupils with autistic spectrum disorders** Ref: 089
Patricia Thorpe NAS £1.00
Children with autism and Asperger syndrome often find it hard to deal with bullying. This booklet offers a mass of helpful advice and strategies to deal with this difficult problem.
- Buster and the Amazing Daisy** Ref: 103
Nancy Ogaz JK £8.95
Buster and the Amazing Daisy is not just a humorous and engaging story. It will also give its readers an insight into the hopes and dreams, as well as the fears and frustrations, of many children with autism.
- Can I tell you about Asperger Syndrome? - A guide for friends and family** Ref: 040
Jude Welton NAS £6.95
Adam is a nine year old boy with Asperger syndrome. Here he explains his talents and difficulties as if talking to school friends and family. Jane Telford's cheerful pictures bring Adam's words to life.
- Can't Eat, Won't Eat: dietary difficulties and autistic spectrum disorders** Ref: 076
Brenda Legge NAS £12.95
Finding out that your child has autism is difficult enough but discovering that he or she won't eat 99 per cent of all known food and drink can make life seem impossible. Brenda found herself in this quandary with her son who has Asperger syndrome. Here she offers some of her own strategies, as well as the tried and tested advice of many other parents, professionals and children.
- Caring for a Child with Autism - A Practical Guide for Parents** Ref: 019
Martine Ives and Nell Munro, National Autistic Society NAS £14.95
The authors have both worked for the NAS Autism Helpline and understand the challenges that can arise in home life, education and socialisation. They offer help with common problems such as finding a suitable school, toileting and eating problems.
- Caring for adults with autism: guidance for support workers NEW!** Ref: 277
Patricia Thorpe NAS £5.00
This accessible introductory guide is aimed at staff caring for adults with autism, some of whom may have very challenging needs and who require intensive support. Its emphasis on the practical will be invaluable, both for people starting out in the field and their service managers.
- Challenging behaviour and autism: making sense - making progress** Ref: 012
Philip Whitaker NAS £14.00
This book is for parents, teachers and carers of youngsters with autistic spectrum disorders. Written in a jargon free style, it offers practical strategies for preventing or managing the sorts of challenging behaviour most likely to be encountered. With detailed case studies and key tips that allow it to be used as a quick reference, it also offers a step-by-step framework that enables readers to devise their own solutions. The book's core message can be summed up in a single sentence: to change a child's behaviour you have to be able to make sense of that behaviour - and making sense of that behaviour means making sense of the child's autism.
- Children and Teenagers with Aspergers: The Journey of Parenting from Birth to Teens NEW!** Ref: 256
Anna Van Der Post £14.99
This book is an absolute 'must have' for any parent who is currently struggling to cope with the daily demands of looking after a child with AS - whilst at the same time feeling let down by the education system and the so called professionals that hold so much power over our children's future. It is a powerfully moving account of the struggles faced by determined and loving families to obtain the help and education that their children so rightly deserve.
- Children and youth with Asperger syndrome** Ref: 058
Brenda Smith Myles NAS £15.99
A helpful book which offers a range of strategies to help young people with Asperger syndrome deal with behavioural difficulties, with 50 research-based strategies. Especially useful to schools.
- Children with autism: a booklet for brothers and sisters** Ref: 006
Julie Davis NAS £2.95
In the same series as 'able autistic children', this booklet looks at siblings of children with autism, explains what autism is and explores some of the difficulties that siblings may experience

- Classroom and playground: support for children with autistic spectrum disorders** Ref: 152
Perepa Prithvi NAS £1.50
This booklet is aimed at teachers and other school staff with little experience of working with younger children who have ASD. The strategies are covered in detail and in point form for ease of reference. The author works in South London with children with ASD, their families and schools.
- Comic Strip Conversations** Ref: 169
Carol Gray £5.22
Illustrated interactions that teach conversation skills to students with autism and related disorders.
- Coming Out Asperger - Diagnosis, Disclosure and Self-Confidence** Ref: 069
Edited by Dinah Murray NAS £13.99
Should you tell people? Whom should you tell? How will people react? Parents, professionals and people with Asperger syndrome disclose their experiences.
- Complete guide to Asperger's syndrome, The** Ref: 159
Tony Attwood NAS £17.99
This is the definitive handbook for anyone affected by Asperger's syndrome. It brings together a wealth of information on all aspects of the syndrome for children through to adults. Drawing on case studies and personal accounts from Attwood's extensive clinical experience, and from his correspondence with individuals with AS, this book is both authoritative and extremely accessible.
- Concepts of Normality: The Autistic and Typical Spectrum NEW!** Ref: 237
Wendy Lawson JK £14.99
For those with autism, understanding 'normal' can be a difficult task. For those without autism, the perception of 'normal' can lead to unrealistic expectations of self and others. This book explores how individuals and society understand 'normal', in order to help demystify and make accessible a full range of human experience.
- Congratulations! It's Asperger Syndrome** Ref: 104
Jen Birch JK £15.99
One of the increasing number of people diagnosed with Asperger Syndrome in adulthood, New Zealand-born Jen Birch relates her story with humour and honesty, taking us through the years of frustration and confusion that led to her diagnosis in 1998. Now that she can put her life experiences into context, she candidly describes her continual search for 'normality', including her experiences at work, her difficulties with relationships, her time spent in psychiatric hospital and her struggle for correct diagnosis in a country where the syndrome is relatively unknown. Talking positively about how her life has changed since the 'revelation', Jen aims to use this new-found knowledge to inform others about the syndrome and how, once its pros and cons are understood, life can be lived to the full.
- Create a Reward Plan for Your Child with Asperger Syndrome NEW!** Ref: 212
John Smith, Jane Donlan and Bob Smith NAS £12.99
Reward plans encourage positive behaviour using the incentive of earning rewards. This book provides a thorough nuts-and-bolts guide to creating a reward plan for your child with Asperger syndrome to help him or her develop positive behaviours, such as social and communication skills.
- Creating an autism-friendly environment** Ref: 145
Anh Nguyen, NAS Autism Helpline NAS £1.00
Many people with an ASD find it hard to cope with the everyday environment. This booklet offers advice on making clothing, furniture and the environment easier to cope with. Illustrated with witty cartoons by Steve Lockett.
- Creative Expressive Activities and Asperger's Syndrome - Social and Emotional Skills and Positive Life Goals for Adolescents and Young Adults** Ref: 105
Judith Martinovich JK £13.99
A host of helpful activities centred on the creative arts.
- Curious Incident of the Dog in the Night Time, The** Ref: 046
Mark Haddon NAS £6.99
A really good read for readers old and young. The hero, Christopher Boone, is a teenager with Asperger syndrome. Contains some strong language. Fifteen-year-old Christopher has a photographic memory. He understands maths. He understands science. What he can't understand are other human beings. When he finds his neighbour's dog, Wellington, lying dead on a neighbour's lawn, he decides to track down the killer and write a murder mystery novel about it. In doing so, however, he uncovers other mysteries that threaten to bring his whole world crashing down around him.
- Dangerous Encounters - Avoiding Perilous Situations with Autism - A Streetwise Guide for all Emergency Responders, Retailers and Parents** Ref: 106
Bill Davis and Wendy Goldband Schunick JK £13.95
Both professionals and parents can work to prevent escalating situations. If given proper education, serious situations can be avoided when a person with autism is involved. This book contains practical appendices, such as emergency ID card instructions and how to make a travel communication safety book, as well as safety social stories that teach a person with autism how to act safely in emergency situations. It outlines a number of steps everyone can take and guidelines that can be followed. It is also a good training tool for emergency responders.
- Developing talents: careers for individuals with Asperger syndrome and high-functioning autism** Ref: 068
Temple Grandin and Kate Duffy NAS £11.99
Useful strategies and ideas with many helpful case studies by Temple, the world's best known and perhaps the most successful person with autism.

- Diet Intervention and Autism - Implementing the Gluten Free and Casein Free Diet for Autistic Children and Adults - A Practical Guide for Parents** Ref: 014
Marilyn Le Breton NAS £13.95
People with autism are often intolerant of gluten, a protein in four types of cereal, and casein, a protein found in animals' milk. Marilyn answers the many questions of parents of children on special diets and offers a host of recipes, as well as an extensive list of suitable foodstuffs in the UK.
- Different Croaks for Different Folks - All About Children with Special Learning Needs** Ref: 107
Midori Ochiai JK £12.99
A delightful book which helps children deal with hard-to-break habits and physical co-ordination. Midori has Asperger syndrome (AS) and is the mother of two boys, one of whom also has AS and the other has ADHD.
- Different Like Me - My Book of Autism Heroes** Ref: 108
Jennifer Elder JK £11.99
This inspiring book introduces children aged 8-12 to gifted people who had difficulties fitting in: Isaac Newton, Lewis Newton, Andy Warhol, Lewis Carroll, to name but a few.
- Do You Understand Me?: My Life, My Thoughts, My Autism Spectrum Disorder NEW!** Ref: 213
Sofie Koborg Brosen NAS £9.99
What it's like to be 11, go to mainstream school - and have autism. An insider's guide to understanding autism. Sofie is now 12 and lives in Denmark. Her father drew the illustrations.
- Eating an Artichoke: A Mother's Perspective on Asperger Syndrome** Ref: 109
Echo R. Fling JK £13.95
This is the book that Echo Fling needed when she first set out to have Jimmy diagnosed, and it will enable parents and teachers to understand and help other children with Asperger Syndrome.
- Employing people with Asperger syndrome: a practical guide NEW!** Ref: 274
Martha Fausset NAS £8.00
A helpful and practical book that covers recruitment, selection, getting started, successful management, support and further information. Aimed at employers, this book will also be helpful to people with Asperger syndrome, their families and those who work with them.
- Encouraging Appropriate Behavior for Children on the Autism Spectrum - Frequently Asked Questions** Ref: 110
Shira Richman JK £13.99
Written in an accessible question-and-answer format for easy navigation, this book provides detailed, practical answers the real questions asked by parents of children with autism spectrum disorders (ASDs).
- Everybody is different: a book for young people who have brothers and sisters with autism** Ref: 017
Fiona Bleach NAS £8.00
This book is different! Aimed at school friends or brothers and sisters aged 8-13 of children with autism, it is written and illustrated by an accomplished artist who has worked in a National Autistic Society school. Fiona explores the characteristics of autism, what it feels like to be a brother or sister of someone with an autistic spectrum disorder and offers helpful coping strategies.
- Feeling's Unmutual - Growing Up With Asperger Syndrome (Undiagnosed), The** Ref: 111
Will Hadcroft JK £13.95
What makes the Asperger child immerse himself in such things as Doctor Who and The Incredible Hulk? In this honest and entertaining autobiographical account, Will Hadcroft links his obsessive TV series fixations to eventually being diagnosed with Asperger Syndrome. He describes drawing comfort from identifying himself with heroic individuals or fictional characters, and the liberating effect of an accurate diagnosis for someone who felt 'out of place' and didn't know why.
This original and highly readable book offers a fresh insight into the experience of feeling 'unmutual', or misunderstood and how this can result in bullying at school and in the workplace, escalating into social phobia, paranoia and obsessive behaviour. It amply illustrates some of the more subtle expressions of the Asperger condition and provides an accessible introduction to those new to AS.
- Focus in the family series - Diagnosis - Reactions in families** Ref: 079
Brenda Nally NAS £5.00
This accessible set of booklets offers support and guidance to parents, siblings and other family members after a member of the family has received a diagnosis. The five booklets are based on family-led workshops organised by the authors in Manchester and are an excellent introduction to autism in the family.
Examines the key issues surrounding diagnosis and shares the experiences of the many parents who came to the Manchester workshops.
- Focus in the family series - Experiences of the whole family** Ref: 081
Brenda Nally NAS £5.00
This accessible set of booklets offers support and guidance to parents, siblings and other family members after a member of the family has received a diagnosis. The five booklets are based on family-led workshops organised by the authors in Manchester and are an excellent introduction to autism in the family.
Taking a broad view of the impact on family life of having a child with autism, this booklet examines the impact on grandparents and the wider family circle.

Focus in the family series - Recognising and coping with stress

Ref: 082

Brenda Nally and E Veronica Bliss

NAS £5.00

This accessible set of booklets offers support and guidance to parents, siblings and other family members after a member of the family has received a diagnosis. The five booklets are based on family-led workshops organised by the authors in Manchester and are an excellent introduction to autism in the family.

Offering a framework for understanding the sources of daily stress which can affect carers as well as people with autism, this booklet offers helpful coping methods.

Focus in the family series - Understanding difficult behaviour

Ref: 080

E Veronica Bliss

NAS £5.00

This accessible set of booklets offers support and guidance to parents, siblings and other family members after a member of the family has received a diagnosis. The five booklets are based on family-led workshops organised by the authors in Manchester and are an excellent introduction to autism in the family.

Looks at how people learn to use difficult behaviour and the importance of understanding the physical, health and environmental issues

Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence

Ref: 027

Luke Jackson

NAS £12.95

Luke is 13 and has Asperger syndrome. He is aware of how little information there is for teenagers like himself so, with the help of his teenage brothers and sisters, he has written this honest and witty book. It covers a host of tricky teenage topics, including bullying and dating.

Friendships The Aspie Way

Ref: 161

Wendy Lawson

NAS £12.99

People with Asperger's Syndrome have difficulty with interpersonal relationships, yet are well known to be loyal and dependable friends. Wendy Lawson felt she had a knack for upsetting people and was surprised to be told that she 'did friendship rather well'. In her frank and thoughtful analysis of what makes and breaks friendships, she explores what it means to have friends or be a friend – even a friend to oneself; what happens when times are tough and friends are scarce; whether one can be a 'good friend' without effort; and what other kinds of friendships there are, whether imaginary, animal or inanimate. These ideas are accompanied by practical examples, poetry and stories.

Getting IT using information technology to empower people with communication difficulties

Ref: 162

Dinah Murray and Ann Aspinall

NAS £12.99

Getting IT shows the power of IT to help people with communication difficulties satisfy the universal human need to communicate. This book will inspire carers, teachers, psychologists, parents and other professionals to use IT with people with communication difficulties, and will expand the skills and knowledge of those who already do.

Getting to Grips with Asperger Syndrome - Understanding Adults on the Autism Spectrum NEW!

Ref: 238

Carol Hagland

JK £12.99

Getting to Grips with Asperger Syndrome is a practical, problem-solving guide for those caring for or supporting an adult with Asperger Syndrome (AS). It will help them understand the condition and the difficulties it may cause, so that they can offer support in the most beneficial way.

Giggle Time - Establishing the Social Connection - A Program to Develop the Communication Skills of Children with Autism

Ref: 032

Susan Aud Sonders

NAS £12.95

This book is packed full of accessible child-centred ideas for the home or classroom, inspired by the ideas of Dr Stanley Greenspan. Each activity is described in detail with helpful illustrations. The aim of each is to encourage communication and response. It is ideal for anyone caring for or working with a child with delayed language and communication skills.

Girls Growing Up on the Autism Spectrum - What Parents and Professionals Should Know About the Pre-Teen and Teenage Years NEW!

Ref: 214

Shana Nichols, Gina Marie Moravcik and Samara Pulver Tetenbaum

NAS £15.99

This book offers practical guidance and easy-to-implement coping strategies on a host of areas, from keeping safe and friendships to tampons and tantrums. The many case studies and practical tips help to make this a useful guide for parents and carers and anyone working with teenager girls who have autism.

Going on trips with an Asperger pupil

Ref: 180

Judith Colley

NAS £1.00

How to plan and run a trip. Useful for schools and anyone planning to travel with a child with Asperger syndrome.

Going to the doctor: a guide for children with autism and Asperger syndrome

Ref: 187

Emma Jones, NAS Autism Helpline Team

NAS £1.00

A useful guide aimed at parents and carers but health professionals will also find it helpful.

Going to the hairdressers: a guide for parents of children with autism and Asperger syndrome

Ref: 157

Laura Slade, NAS Autism Helpline team

NAS £0.50

This helpful booklet explains why a child with an ASD may become distressed when having a haircut and also suggests some strategies to help.

Guide to Asperger Syndrome, A

Ref: 029

Christopher Gillberg

NAS £22.99

This is an accessible handbook, written by a world-renowned expert in the field. It covers symptoms of Asperger syndrome, diagnosis, background and problems, as well as strengths. It is aimed at a wide readership, including those affected by Asperger syndrome, their families, friends, teachers and employers, as well as health professionals.

- Guidelines for working with pupils with autistic spectrum disorders in Key Stages 3 and 4** Ref: 084
South Gloucestershire Council NAS £5.00
This booklet offers helpful guidance for staff working with pupils in secondary school.
- Haze** Ref: 037
Kathy Hoopmann NAS £9.95
Acclaimed author of the Asperger Adventures series for children Kathy Hoopmann has turned her hand to a novel for teenagers. Weaving the facts of Seb's Asperger Syndrome into the story, this fast-paced book will be a riveting read for teenagers of all sorts and abilities.
- Hidden Curriculum, The** Ref: 178
Brenda Smith Myles, Melissa L. Trautman, and Ronda L. Schelvan £14.95
This book offers practical suggestions and advice for how to teach and learn those subtle messages that most people seem to pick up almost automatically but that have to be directly taught to individuals with social-cognitive challenges. Given the serious consequences that can befall a person who violates a social rule, the strategies and detailed lists of curriculum items make The Hidden Curriculum a much-needed resource.
- Hints and tips for helping children with autism spectrum disorders - useful strategies for home, school and the community NEW!** Ref: 215
Dion E. Betts and Nancy J. Patrick NAS £12.99
The book is split into five parts: home life, personal care, out and about, medical, and school. Common problem areas are also tackled in a toolkit section, which includes checklists, 'to do' lists and visual schedules.
- Hitchhiking through Asperger Syndrome** Ref: 113
Lise Pyles JK £12.95
Written in clear, straightforward language, the book does not promote any particular therapy or prescribe fixed solutions, but aims to help parents to ask good questions and come up with answers to suit their own circumstances and children. Full of humour and common sense, Hitchhiking through Asperger Syndrome will make encouraging, inspiring and entertaining reading for all parents of children with Asperger Syndrome.
- Home Educating Our Autistic Spectrum Children** Ref: 022
Edited by Terri Dowty and Kitt Cowlisha NAS £15.95
A down-to-earth guide written by the people who know - the parents who home-educate children with Asperger syndrome or autism. It includes a practical section on the legal position of home educating in England and Wales and contacts for further support.
- How do you feel, Thomas?** Ref: 163
NAS NAS £5.99
What makes Thomas the Tank Engine happy? What makes Harold excited? Pull the tab or turn the wheel to find out. A lovely way for children to learn about emotions.
- How Joshua learned - making sense of the world with autism** Ref: 197
Joshua Love NAS £6.99
Children with autism spectrum disorders (ASD) can often be greatly helped by visual supports and good organisation. In his self-help book, aimed at children aged three to seven with an ASD, and their parents, Joshua explains strategies that have helped him. The amusing colour pictures support Joshua's visual supports message. They are only partly coloured to offer colouring-in opportunities. The author, Joshua Love, is eight-and-a-half years old and has autism. He attends a mainstream school.
- How to be yourself in a world that's different** Ref: 191
Yuko Yoshida NAS £9.99
This book is an ideal introduction to understanding and managing AS and ASDs for teenagers and young people with these conditions as well as the adults who support them.
- How to find work that works for people with Asperger Syndrome** Ref: 151
Gail Hawkins JK £14.95
For those who want to help somebody with Asperger Syndrome find and keep a satisfying job, this book is a vital tool. Gail Hawkins guides readers through the entire process of gaining employment, from building a supportive team, identifying and addressing workplace challenges, to securing an appropriate post. Including practical tips on topics such as finding potential employers and creating a dazzling CV, as well as sensitive advice on assessing when somebody is ready for work, and how, when and where to disclose a disability to an employer, Hawkins' well-tested approach aims to provide all the information needed for a fast, realistic, and successful path to fulfilling employment.
- How to Help Your Autistic Spectrum Child: Practical Ways to Make Family Life Run More Smoothly** Ref: 171
Jackie Brealy, Beverly Davies, Richard Craze £7.99
Many books will tell you the latest theories about what causes ASD, but what you really want to know is how to get a decent night's sleep, or stop your child flapping their arms, or find some time for your other children. Jackie Brealy understands the problems from both a parent's and a teacher's perspective. She was concerned at the lack of down-to-earth, practical help for parents, so she teamed up with journalist, Beverly Davies to write this book. Together with input from Matt and other parents of ASD children, Jackie and Bev have written this totally practical guide to help parents with all those day-to-day problems that make life so tough for them and their ASD child.
- How to live with autism and Asperger Syndrome: practical strategies for parents and professionals** Ref: 054
Chris Williams and Barry Wright NAS £13.95
A very readable book which offers help on how children with autism see the world and how parents can help. Suggestions on behaviour, toileting, feeding, sleep, rituals and a host of other areas.

How to support and teach children on the Autism Spectrum

Ref: 055

Dave Sherratt

NAS £9.99

A user-friendly book which offers a mass of helpful advice on how to work with children with autistic spectrum disorders. Dave has many years experience of teaching children with autism.

How to support and teach children on the Autism Spectrum

Ref: 189

Dave Sherratt

£9.99

A practical and accessible book providing a welcome source of ideas and support for those involved in the education of children on the autistic spectrum primarily teachers but also for parents and professionals.

How to understand Autism - the easy way

Ref: 149

Alex Durig

JK £12.95

In this clear and accessible introduction to autism, Alexander Durig provides a host of ideas and examples that enable the reader to understand the phenomenon of autism, recognize different kinds of autistic perception and behaviour, and prepare for interaction with autistic people. To help 'normal' people understand and lose their fear of autism, Durig discusses the notions of 'slight' autism, being or becoming 'autism-friendly', and the mental well-being of autistic people. The author explains how autistic perception 'works' and how it yields autistic behaviours', to enable readers to see the world through the eyes of an autistic person, and thus change the way they perceive autism.

I am Utterly Unique: Celebrating the Strengths of Children with Asperger Syndrome and High-functioning Autism NEW!

Ref: 216

Elaine Marie Larson

NAS £14.95

The A-Z of what's great about having Asperger syndrome, written by the grandmother of a boy with the condition: E is for Extremely Enthusiastic!

I have autism... What's that?

Ref: 034

Kate Doherty, Paddy McNally and Eileen Sherrard

NAS £4.50

This cheerful book helps children and young people with autism to discover how they are different from neuro-typical people. Written in straightforward language and illustrated with helpful and amusing pin men, it explores different approaches to talking, playing and learning and offers coping strategies.

I really don't know why: a sibling song to autism

Ref: 186

Haitham-Al-Ghani

NAS £4.99

Haitham has an autistic spectrum disorder and communicates best through his art. His book explores his many childhood quirks and celebrates his long-suffering sisters patience. Full of good humour and insight, with witty illustrations.

If I tell them how I feel then they'll understand NEW!

Ref: 267

Adults with autism in their own words

NAS £0.00

This book gives an excellent insight into life with autism in the UK today and makes for fascinating reading for parents, professionals and people with autism.

Inclusion in the secondary classroom: support materials for children with autistic spectrum disorders

Ref: 179

Joy Beaney and Penny Kershaw

NAS £10.99

Packed with useful strategies and work materials, with lots of photocopiable resources for schools.

Incredible 5-point scale: assisting children with ASDs in understanding social interactions and controlling their emotional. The

Ref: 044

Kari Dunn Buron and Mitzi Curtis

NAS £10.50

Assisting children with ASDs in understanding social interactions and controlling their emotional responses. This clearly written book shows children aged seven to 13 how to work at problem behaviour such as obsessions or yelling and move on to alternative, positive behaviours.

Independent living for adults with autism and Asperger syndrome. A guide for families of people with autistic spectrum disorders

Ref: 003

NAS Development and Outreach

NAS £4.50

Written with a very practical approach, this informative book looks at accessing housing, employment and social activities for adults with autism and Asperger syndrome. It explains how to go find help, options available, current legislation and gives a list of useful contacts.

It can get better...dealing with common behaviour problems in young autistic children

Ref: 011

Paul Dickinson and Liz Hannah

NAS £5.00

This is a pocket sized book written by two health professionals who have worked with challenging behaviour in autistic children. Specifically written for parents and carers of young children, it looks at common behaviour problems encountered by families of children on the autistic spectrum and offers strategies and tips on how to deal with them in a jargon free format. The issues explored include temper tantrums, toileting problems, sleep problems, feeding problems, self-help skills and learning to play, coping with obsessional and repetitive behaviour and self injury.

Jumbled Jigsaw An Insider's Approach to the Treatment of Autistic Spectrum `Fruit Salads', The

Ref: 114

Donna Williams

JK £14.99

The Jumbled Jigsaw exposes autism spectrum disorders (ASDs) not as single entities but as a combination of a whole range of often untreated, sometimes easily treatable, underlying conditions. Exploring everything from mood, anxiety, obsessive-compulsive and tic disorders to information processing and sensory perceptual difficulties, including dependency issues, identity problems and much more, Donna demonstrates how a number of such conditions can combine to form a 'cluster condition' and underpin the label 'autism spectrum disorder'.

Just Take a Bite - Easy, Effective Answers to Food Aversions and Eating Challenges

Ref: 053

Lori Ernsperger and Tania Stegen-Hanson

NAS £15.95

Many children with autism and Asperger syndrome are so picky with food that meals can become a battle ground. This book offers a mass of helpful strategies to encourage them to eat more sensibly.

Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar, and More! - The one stop guide for parents, teachers, and other professionals

Ref: 063

Martin L. Kutscher MD

NAS £14.99

The one stop guide for parents, teachers and other professionals

So many children with autism and Asperger syndrome have other difficulties. This is an excellent introduction to these neurological mixes, with a host of helpful strategies.

Learning to Live with High Functioning Autism: A Parent's Guide for Professionals

Ref: 116

Mike Stanton

JK £10.95

When his son, Matthew, was finally diagnosed with autism at 12 years old, Mike Stanton thought the diagnosis marked the end of their troubles. In fact, despite the increase in reported levels of autism, appropriate support and clear information were hard to find. Mike had to teach himself and then attempt to pass on his knowledge and understanding to those who worked with his son. Learning to Live with High Functioning Autism draws on the Stanton family's experiences, and compares it with the experiences of others, to offer an honest portrayal of what living with autism is actually like for all of those involved. It offers an insight into the world of autistic children and the problems that they and their families face. It will provide support and encouragement for families of children with autism, as well as being an invaluable source of information and advice for professionals working with autistic children and their families. Most important of all, it argues convincingly that learning to live with autism is a two-way process. We have to reject all models of intervention based upon coercion and compliance in order to work in partnership with young people with autism.

Liam Says "Sorry" NEW!

Ref: 239

Jane Whelen Banks

JK £6.99

Vibrant, colourful and lively, this book's positive messages and advice are ideal for young children wanting to understand social situations or how friendships work.

Life Behind Glass - A Personal Account of Autism Spectrum Disorder

Ref: 031

Wendy Lawson

NAS £13.95

Wendy Lawson has an autism spectrum disorder. Considered to be intellectually disabled at school, she was later misdiagnosed as schizophrenic - a label that stuck with her for more than 25 years. Her sense of self was then non-existent, but Wendy is now a mother of four with two university degrees; she is a social worker and adult educator, and operates her own business. She is also a poet and a writer.

Lisa and the Lacemaker: An Asperger Adventure

Ref: 117

Kathy Hoopmann

JK £7.95

When Lisa discovers a derelict hut in her friend Ben's backyard, she delights in exploring the remnants of an era long gone. Imagine her surprise when Great Aunt Hannah moves into a nursing home nearby, and reveals that once she was a servant in those very rooms. The old lady draws Lisa into the art of lace making and through the criss-crossing of threads, Lisa is helped to understand her own Asperger Syndrome. But Great Aunt Hannah also has a secret and now it is up to Lisa to confront the mysterious Lacemaker and put the past to rest.

Loving Olivia: My Life with My Autistic Daughter

Ref: 166

Liz Astor

£8.57

The moving story of devastating disability in a world of privilege. Liz Astor's honest and personal account - of coming to terms with the fact that things weren't quite right with her daughter Olivia; of accepting Olivia's limitations while struggling to do and to get the best for her; of having to balance this daughter's needs with the needs of the rest of her extensive family; of fighting to raise public awareness of autism; of the myriad treatments, therapies and exercises that the author has been in able to put to the test and the results of which she shares; of feelings ranging wildly from deep despair and rage to intense happiness and pride - shows that there is much for us all to learn from those who suffer from this profound disability. "Olivia's Story" offers hope and inspiration for children like Olivia and those who love them.

Make school make sense for me

Ref: 182

Beth Reid and Amanda Batten

NAS £0.00

In early 2006 the NAS interviewed 28 children and young people with autism to find out about their experiences of education, as part of our make school make sense campaign. They speak about their experiences at school and at college, the challenges they have faced and their hopes for the future.

Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for People with Asperger's Syndrome NEW!

Ref: 217

Sarah Attwood

NAS £12.99

Puberty is a time of great change and can be a difficult time for anyone, but especially for people who have an autism spectrum disorder such as Asperger syndrome and do not like change. Sarah gives clear and detailed explanations on many questions arising from puberty and sexual maturity in both men and women and explains good personal care. She explores friendship and its importance as a basis for sexual encounters.

Making Sense of the Unfeasible: My Life Journey with Asperger Syndrome

Ref: 065

Marc Fleisher

NAS £12.95

Before he received his diagnosis in the 1970s, Marc was considered mentally retarded, yet he went on to gain a degree in maths. Here he tells how he gets the most out of life, with the support of his family and autism services. He writes with humour and offers a multitude of useful tips.

- Making the Move - A Guide for Schools and Parents on the Transfer of Pupils with Autism Spectrum Disorders (ASDs) from Primary to Secondary School NEW!** Ref: 218
K.I. Al-Ghani and Lynda Kenward NAS £19.99
A child-friendly book aimed at teachers, support staff and parents of children with autism spectrum disorders, offering practical advice on the move to secondary school. It is full of helpful photocopiable visual supports, schedules and Social Stories on a range of possible flashpoints, ranging from school rules and packing the school bag to moods and homework.
- Making visual supports work in the home and community: strategies for individuals with autism and Asperger syndrome** Ref: 023
Jennifer L. Savner and Brenda Smith Myles NAS £12.95
Children with autism find visual timetables and instructions extremely helpful: a visual support is like having a light bulb go on in their head! From a guide to hand washing to making popcorn, this richly illustrated book provides parents, carers and teachers with all the information they need to make effective visual supports with ordinary materials.
- Managing Asperger syndrome at college and university** Ref: 052
Juliet and Claire Jamieson NAS £20.00
Meeting the demands of student life can be tough, especially for students with Asperger syndrome. This book is full of practical suggestions and includes a CD for academic staff and resources for photocopying.
- Managing meltdowns - using the S.C.A.R.E.D. calming technique with children and adults with autism NEW!** Ref: 219
Deborah Lipsky and Will Richards NAS £9.99
In a crisis fear is the first emotional response of a person who has autism. 'Meltdowns', or brain overloads can be scary for the individual with autism, and for the person trying to help if they don't know how to react in this situation. Using the easy-to-remember acronym S.C.A.R.E.D., coined by clinical psychologist Will Richards, this guide offers strategies and practical techniques that will be a valuable tool to anyone in a first response position.
- Managing with Asperger Syndrome** Ref: 118
Malcolm Johnson JK £14.95
Full of practical advice, this book will be essential reading for anyone with AS in employment as well as their managers, colleagues, family and friends, as well as supporting professionals.
- Martian in the playground** Ref: 018
Claire Sainsbury NAS £12.00
Clare has Asperger syndrome. She wrote this book using her own experiences of school life and those of other people with the condition. She offers a beginner's guide to Asperger syndrome, thought-provoking chapters on inclusion, labelling, normalisation and life after school, along with helpful advice on enabling children with Asperger syndrome to learn.
- Mental health in people with autism and Asperger syndrome: a guide for health professionals NEW!** Ref: 266
Christine Deudney NAS £1.50
This book emphasises the diagnosis and treatment of depression, anxiety and obsessive compulsive disorder and catatonia. This makes it important reading for health professionals, as well as people with ASD, their families and carers.
- Mind of one's own, A** Ref: 001
Digby Tantum, Sue Prestwood NAS £4.50
This is a valuable book offering guidance on supporting an adult with high functioning autism or Asperger syndrome. It deals practically with the emotional and physical issues arising throughout an individual's life, such as marriage, developing hobbies and ageing.
- Multicoloured Mayhem - Parenting the Many Shades of Adolescents and Children with Autism, Asperger Syndrome and AD/HD** Ref: 039
Jacqui Jackson NAS £12.95
Life is anything but straightforward for the Jackson Seven, including Luke who has AS, Joe who has AD/HD and Ben who has autism, all on the GF/CF free diet. Here Jacqui reveals the secret of her success.
- My Book Full of Feelings: How to Control and React to the Size of Your Emotions NEW!** Ref: 251
Amy V. Jaffe £14.38
This book will help teach children to identify, access the intensity of and respond appropriately to their emotions. This book is fully interactive.
- My family is different** Ref: 195
Caroln Brock NAS £8.99
A workbook for children with a brother or sister who has autism or Asperger syndrome. It's not easy having a brother or sister who has autism or Asperger syndrome. This cheerful book, full of puzzles, pictures to draw and colour, games and other activities, helps work through some of the issues and celebrates difference. The illustrations are part coloured only to offer colouring-in opportunities. For four to nine year-olds.
- My friend Sam: introducing a child with autism to a nursery school** Ref: 194
Liz Hannah NAS £7.99
This accessible and affectionate book uses simple wording and delightful colour pictures to describe some of the difficulties that young children with autism may have, and also some of the things they are very good at. The large print and drawings mean that the book can be used with a whole group in circle time.

- My sister is different** Ref: 144
Sarah Tamsin Hunter NAS £4.99
Life with a sister who has autism, written and illustrated by 10 year old Sarah who also has an ASD.
- My Social Stories Book** Ref: 025
Edited by Carol Gray and Abbie Leigh White NAS £12.95
Social stories are a popular way of teaching social and life skills to children on the autism spectrum. This attractively illustrated book contains over 150 social stories. The helpful introduction explains how to get the most out of the book and offers guidelines for producing individualised social stories.
- New Social Story Book, The** Ref: 170
Carol Gray £18.35
A collection of Social Stories addressing a wide variety of topics, for both home and school.
- Nobody Nowhere** Ref: 004
Donna Williams NAS £12.95
Donna's book portrays a moving account of her struggle to come to terms with her life with autism and to survive the suffering of an unsympathetic and ignorant world.
- Not Stupid** Ref: 284
Anna Kennedy £7.99
The Story of One Mother's Fight to Rescue the Lives of Her Children from Autism. The author Anna Kennedy and her husband Sean, live in London with their two autistic sons Patrick and Angelo. Not Stupid is the story of Anna's determination to provide an appropriate learning environment for her sons and for other children within the autistic spectrum
- Of Mice and Aliens: An Asperger Adventure** Ref: 020
Kathy Hoopmann NAS £7.95
A sequel to 'Blue bottle mystery', this is a science fiction novel. Our hero Ben is learning to cope with his newly diagnosed Asperger syndrome when an alien crash-lands in his back garden. The humorous parallels between the alien's problems relating to humans and Ben's own idiosyncrasies highlight the difficulties which people with ASDs face every day.
- Parent to Parent - Information and Inspiration for Parents Dealing with Autism and Asperger's Syndrome** Ref: 119
Ann Boush y JK £13.95
When a child is diagnosed with autism or Asperger's Syndrome, what a parent needs most is information and inspiration. After her son Jon was diagnosed with high-functioning autism in kindergarten, Ann Boush y soon learned that, for her, knowledge was the key to peace. Written out of her own experience, this inspirational book provides the information that will empower other parents who find themselves in her situation, and inspire them in their quest for the right diagnosis and the right help for their child.
- People with Autism Behaving Badly - Helping People with ASD Move On from Behavioral and Emotional Challenges** Ref: 057
John Clements NAS £13.95
People with ASD may behave in ways that cause difficulties to themselves and others. This book offers a host of helpful long-term strategies to help resolve common problems, illustrated by case studies.
- Personal Hygiene? What's that got to do with me?** Ref: 051
Pat Crissey NAS £12.95
Packed with cartoons and activity ideas to show you how to look good and smell sweet, have a great smile and stay healthy. Aimed at young people with autism or Asperger syndrome but suitable also for young people with learning difficulties.
- Playing, Laughing and Learning with Children on the Autism Spectrum - A Practical Resource of Play Ideas for Parents and Carers** Ref: 028
Julia Moor NAS £12.95
This book is full of ideas to gain a child's attention and motivation and build on small achievements, with advice on how to redirect obsessions and rituals positively. It also covers reading and making the most of television. The strategies will help toddlers as well as older children.
- Pre-Schoolers with Autism - An Education and Skills Training Programme for Parents - Manual for Parents** Ref: 120
Avril V. Brereton and Bruce J. Tonge JK £13.95
This ground-breaking training programme has been developed in response to a real need for evidence-based early interventions for very young autistic children. Authoritative and extensively tried and tested, it will help both parents and carers to understand the disorder and how it affects child development. Ultimately, the programme is designed to reduce the severity of emotional/behavioural difficulties by managing a child's particular problems and encouraging effective collaboration between professionals and parents.
- Pretending to be Normal: Living with Asperger's Syndrome** Ref: 005
Liane Holliday Willey NAS £12.95
Chronicling her life as a university lecturer, writer, wife and mother, Liane shares the daily struggles and challenges that face many of those who have Asperger syndrome. The book includes some very helpful appendices which provide a range of helpful coping strategies and guidance for people moving through adolescence and university life.

- Realizing the College Dream with Autism or Asperger Syndrome - A Parent's Guide to Student Success** Ref: 121
Ann Palmer JK £11.19
This accessible book focuses on how to get there and stay there: deciding to go, how to get in and how to get the most out of it. Ann Palmer advises parents and professionals how to prepare the student for the transition from school and home life to a new environment and educational challenge, and how to support them through potential problems such as academic pressure, living away from home, social integration and appropriate levels of participation in college. She offers helpful strategies that will encourage and inspire parents and students and show that college can be a suitable option for students with an autism spectrum disorder, as well as the basis for a successful independent life later.
- Revealing the Hidden Social Code - Social Stories for People with Autistic Spectrum Disorders** Ref: 060
Marie Howley and Eileen Arnold NAS £12.99
So many people have asked The National Autistic Society for Social Stories for older children and adults. This book is the answer to these requests! Full of useful examples and advice on producing tailor-made Social Stories.
- SEN toolkit** Ref: 085
Department for education and skills £0.00
The SEN toolkit, mainly for schools and LEAs, contains practical advice on how to implement the SEN Code. It should be read in conjunction with the Code. Each section of the toolkit has a number of pages designed to be copied and used as slides for training purposes.
- Sensory Smarts - A Book for Kids with ADHD or Autism Spectrum Disorders Struggling with Sensory Integration Problems** Ref: 122
Kathleen A. Chara and Paul J. Chara, Jr. JK £8.95
Sensory Smarts offers real solutions and hope, such as a sensory sensitivity scale, a behavioral rating chart and a list of helpful organizations. With much of the book written from the perspective of a child, and including rich illustrations, this book encourages children to work with adults in overcoming their sensory difficulties. Based on mainstream psychological theories, this book will be indispensable to those suffering from, or trying to raise awareness of, sensory problems in childhood.
- Sensory world of the autistic spectrum: a greater understanding, The** Ref: 091
Kate Wilkes NAS £1.50
Many people on the autistic spectrum experience sensory difficulties or are particularly sensitive to certain sensations. This booklet aims to give a basic understanding of these difficulties and offers coping strategies.
- Social Skills for Teenagers and Adults with Asperger Syndrome - A Practical Guide to Day-to-Day Life NEW!** Ref: 240
Nancy J Patrick JK £12.99
This resource provides practical strategies for helping teenagers and adults with Asperger Syndrome to navigate social skills, friendships and relationships at home and in the community. This accessible guide will be essential reading for teenagers and adults with Asperger Syndrome and their families, teachers, therapists, counsellors, carers, social and health work professionals.
- Social Skills Groups for Children and Adolescents with Asperger's Syndrome, A Step-by-Step Program** Ref: 168
Kim Kiker Painter £29.99
A comprehensive and practical social skills group program, this will be an invaluable and unique resource for clinicians, teachers, parents and professionals working with children and adolescents with AS social skills.
- Solutions for Adults with Asperger Syndrome: Maximizing the Benefits and Minimizing the Drawbacks to Achieve Success NEW!** Ref: 246
Juanita Lovett £10.98
Dr. Juanita Lovett specializes in treating adults with AS and working with their families. In this book she shows those adults and their loved ones how to maximize the benefits of AS (including intense concentration, above-average intelligence, and high creativity) while minimizing the drawbacks (including lack of social skill, inability to connect emotionally with others, and propensity toward rage).
- Son-Rise: The Miracle Continues** Ref: 165
Barry Neil Kaufman £12.99
An updated journal of the Kaufmans' successful efforts to reach their autistic child reveals a world-wide phenomenon and offers an account of five other families who used the Son-Rise program to reach their "unreachable" children.
- Special educational needs: a guide for parents and carers of children with autistic spectrum disorders** Ref: 158
Carolyn Waterhouse and the NAS Advocacy for Education team NAS £3.00
Explains the law relating to special educational needs, additional supports, who provides them and how to access them. Includes useful timescales and pointers.
- Specialist Support Approaches to Autism Spectrum Disorder Students in Mainstream Settings** Ref: 059
Sally Hewitt NAS £13.95
This book is an excellent read. Aimed at teachers and LSAs working with the full age-range, it offers sensible advice and strategies to try, maintaining a realistic approach. The format of the book is reader friendly and well structured, which makes it easy to dip into.

- Succeeding in College with Asperger Syndrome - A student guide** Ref: 041
John Harpur, Maria Lawlor and Michael Fitzgerald NAS £13.95
Higher education is a great opportunity for many young people with Asperger syndrome to develop their special interests. This practical guide helps students prepare for the expectations and pressures.
- Succeeding with Interventions for Asperger Syndrome Adolescents - A Guide to Communication and Socialisation in Interaction Therapy** Ref: 123
John Harpur, Maria Lawlor and Michael Fitzgerald JK £17.99
A guide to communication and socialisation in interaction therapy
A very practical resource for anyone trying to design and deliver social skills training to young people with Asperger syndrome.
- Supporting children with an autistic spectrum disorder: a practical guide for schools** Ref: 042
Hull City Council NAS £8.99
The message of this helpful book is that children who learn together learn to live together. It offers advice for classroom support, with an overview of the curriculum and guidance on IEPs.
- Supporting Pupils with ASD – a guide for school support staff** Ref: 193
Lynn Plimley and Maggie Bowen £14.99
Specifically designed to provide information and professional guidance for people working in educational support roles, this book focuses on the work carried out by Teaching Assistants in mainstream primary and secondary schools. The book will give them the tools and awareness to work confidently with pupils from across the autistic spectrum, whilst validating their position within a staff team.
- Supporting students with Asperger syndrome in higher education NEW!** Ref: 265
Rachel Pike NAS £1.50
Many people with Asperger syndrome do very well in higher education because they are able to pursue their special interests. This guide offers help to their lecturers, tutors and other higher education staff.
- Survival Strategies for People on the Autism Spectrum** Ref: 066
Marc Fleisher NAS £12.99
Aimed at young people with an autistic spectrum disorder (ASD) who wish to be more independent, this book shows how to approach apparent problems. Marc has Asperger syndrome, holds a BA and MA from Brunel University and is a keen sportsman.
- Taking Care of Myself - A Healthy Hygiene, Puberty and Personal Curriculum for Young People with Autism** Ref: 038
Mary Wrobel NAS £15.95
Bath time, doctor's visits, shaving, nose blowing - a unique combination of Social Stories and activities to help with many difficult areas.
- Talking Teenagers: Information and Inspiration for Parents of Teenagers with Autism or Asperger's Syndrome NEW!** Ref: 241
Ann Boush y JK £13.99
After reading this book, parents will come away with a sense of empowerment and feeling that they are not alone, while professionals will gain a valuable and compassionate insight into the world of parenting a teenager on the autism spectrum.
- Talking together about an autism diagnosis: a guide for parents and carers of children with an autism spectrum disorder NEW!** Ref: 221
Rachel Pike NAS £8.99
This book offers a wealth of advice and guidance. Aimed primarily at parents and carers of younger children, it includes helpful information also for schools and for people working with adults with autism.
- Ten Things Every Child with Autism Wishes You Knew NEW!** Ref: 253
Ellen Notbohm £7.29
This book clearly explains how and why the child reacts in certain ways and situations. Ideal for anyone dealing with a child with Autism; parents, carers, teaching assistants, etc to give a brilliant insight into the child's mind.
- The Asperger Social Guide** Ref: 192
Genevieve Edmonds and Dean Worton £15.99
How to Relate to Anyone in any Social Situation as an Adult with Asperger's Syndrome. This book is a self-help manual written by two AS adults who offer others the benefits of their experiences. It is suitable for private study by AS individuals and can also be used in FE and higher education establishments for support and personal development courses.
- The Asperger's Answer Book** Ref: 285
Susan Ashley £7.99
In a time when parents are overwhelmed with confusing - and often conflicting - information, "The Asperger's Answer Book" provides them with clear and confident counsel. It is written by an experienced child psychologist.
- The Everything Parent's Guide to Children with OCD NEW!** Ref: 283
Stephen Martin and Victoria Costello £19.98
This helpful guide offers parents information on how to: recognize symptoms; get an accurate diagnosis; find the right doctor and therapist; work with their children to cope at home; develop strategies for tackling schoolwork; and, decide on the right treatment. This authoritative handbook helps parents talk to their children about OCD and devise coping strategies for every aspect of their lives - so they can enjoy their youth - without all the worry!

The London Eye Mystery NEW!

Siobhan Dowd

Ref: 222

NAS £5.99

A good read for children of all ages but especially those aged 7-12 who want to know more about autism or who enjoy a good read.

The Love-Shy Survival Guide NEW!

Talmer Shockley

Ref: 242

JK £14.99

Refreshingly honest and insightful, The Love-Shy Survival Guide provides essential advice for love-shy people wanting to overcome their anxiety and form successful romantic relationships.

The Myriad Gifts of Asperger's Syndrome NEW!

John M. Ortiz

Ref: 223

NAS £12.99

This is an inspiring collection of snap shots of children and adults with Asperger syndrome and their special gifts. Of particular interest are the adults with Asperger syndrome who have made successful careers in their special interest areas: Jacqui the archaeologist, Naresh the engineer, Vanna the librarian and Norman the forensic scientist.

The One and Only Sam NEW!

Aileen Stalker

Ref: 282

£12.99

This book provides a fresh and fun approach to exploring common idioms for all children aged 5 to 8, as well as those with Asperger Syndrome and communication difficulties.

The other half of Asperger syndrome: a guide to living in an intimate relationship with a partner who has Asperger syndrome NEW!

Maxine Aston

Ref: 268

NAS £8.00

Maxine explores the relationships of adults with Asperger syndrome as a Relate counsellor, from her own personal experience and as part of her academic research. Her positive attitude and strategies for successful relationships make this an essential book for couples and counsellors.

The Red Beast: Controlling Anger in Children with Asperger's Syndrome NEW!

K.I. Al-Ghani

Ref: 224

NAS £12.99

This beautifully illustrated and child-friendly book, aimed at children aged 5-9, offers a host of strategies for anger management.

Thorn in My Pocket - Temple Grandin's Mother Tells the Family Story, A

Eustacia Cutler

Ref: 071

NAS £15.95

How Temple Grandin's mother held on to her daughter in the conservative 1950s, kept her in the mainstream of family, school and community and helped her succeed beyond her wildest dreams.

Toilet Training for Individuals with Autism and Related Disorders - A Comprehensive Guide for Parents and Teachers

Maria Wheeler

Ref: 124

JK £11.16

Wetting and soiling clothes results in significant amounts of time, energy and resources being devoted to an individual's personal care needs, and can also significantly interfere with social acceptance. Research shows that persons with autism are the most difficult population to toilet train, not least because many techniques used to toilet train children are not sufficient when used to teach toileting skills to persons with autism. There are, however, strategies which have been demonstrated to be effective when teaching toileting skills, and Maria Wheeler explains these in an easy-to-read and accessible way in this new book, which covers all aspects of the subject and includes over 200 toilet training tips, and more than 40 case examples with solutions.

Touch and Go Joe - An Adolescent's Experience of OCD

Joe Wells

Ref: 125

JK £7.99

This book is packed with advice and coping strategies, as well as first-hand accounts of available treatments such as cognitive behavioural therapy and medication. Written in an informal and accessible style, and including his own humorous illustrations, Touch and Go Joe gives an upbeat yet realistic look at the effect of OCD on adolescent life.

This honest and amusing account will raise awareness of this all-too-common, yet frequently misdiagnosed disorder and will be of interest to anyone who has suffered from or knows someone who has suffered from OCD, including children and adolescents, teachers, psychologists, psychiatrists, mental health professionals, parents and carers.

Trevor Trevor: a metaphor for children

Diane Twachtman-Cullen

Ref: 183

£9.95

This book tells the story of a young boy whose characteristics and problems in social relationships suggest a form of autism or other type of pervasive developmental disorder. It uses the form of metaphor to tell the story and is designed to be read to children by adults. It encourages young children to see things from a different perspective so that they may become more sensitive to the important roles which they play in the lives of their classmates with differences..

Understanding ADHD

Dr Christopher Green and Dr Kit Chee

Ref: 077

£0.00

Definitive guide to Attention Deficit Hyperactivity Disorder for parents, teachers and health professionals. In his typically friendly and direct style, Dr Christopher Green explains the causes and effects of ADHD and provides well-tryed, practical strategies to help cope with common problems such as inattention, impulsiveness and underachievement. He demystifies the condition and offers the latest information on the Ritalin debate.

Understanding ADHD, Autism, Dyslexia and Dyspraxia

Colin Terrell and Terri Passenger

Ref: 061

NAS £3.50

A very good introduction to the four commonest developmental disorders of childhood, with useful advice for helping affected children.

Understanding Autism for Dummies

Linda G. Rastelli and Stephen Shore

Ref: 185

£13.99

This American book provides a friendly, accessible guidance for parents and caregivers of individuals with autism. It provides help and hope by explaining the differences between various types of autism and delivering the lowdown on the latest physical, speech, and nutritional therapies. It offers practical advice on how to educate autistic children as well as insights on how to cope with autistic fixations and behavior problems.

Understanding Autism Spectrum Disorders - Frequently Asked Questions

Diane Yapko

Ref: 126

JK £10.36

Readers seeking information about autism spectrum disorders often find it very difficult to find straightforward answers to their questions. In response to this, Diane Yapko has produced this practical resource in an easy to read question and answer format so readers can go directly to the questions that interest them. There is no need to sift through complex scientific literature or confusing professional jargon and readers can refer back to the text again and again as their needs dictate. Understanding Autism Spectrum Disorders will prove an essential reference for parents, teachers and professionals working with individuals on the autism spectrum.

Understanding behaviour

Fiona May

Ref: 086

NAS £6.00

The behaviour of people with ASD may at times be puzzling to parents and carers. This book offers an insight into practical approaches and strategies which can be applied in day-to-day situations or where anxiety may cause concern and even alarm. Full of helpful case studies.

Understanding How Asperger Children and Adolescents Think and Learn - Creating Manageable Environments for AS Students

Paula Jacobsen

Ref: 127

JK £11.16

The author provides a compelling inside view of how AS pupils perceive and understand what goes on in the classroom, and how they, in turn, are perceived by fellow pupils and teachers. She adopts a pragmatic approach to improving communications in the classroom and offers practical intervention strategies to increase mutual understanding and create a rewarding and supportive learning environment. The book also includes many examples of behaviour commonly observed in AS children, and illuminating accounts of specific children's experiences, which help to understand the learning process and avoid misunderstandings.

Understanding Sam: (and Asperger's Syndrome) NEW!

Clarabelle van Niekerk

Ref: 252

£9.19

This title is suitable for children of ages 4 to 8 years. Answering the question why is Sam different, this heartwarming story tells of the challenges of living with Asperger Syndrome, a form of autism. With endearing illustrations, the book includes 10 helpful tips geared toward children, showing them how to respect and accept differences as well as to interact with a classmate or friend with Asperger Syndrome.

User Guide to the GF/CF Diet for Autism, Asperger Syndrome and AD/HD, A

Luke Jackson

Ref: 021

NAS £13.99

What is the gluten free/casein free diet? Does it work? What's it like to go on it? Luke is 12 years old and has Asperger syndrome. He tried the diet and here he tells you everything you need to know about it - both good and bad. His mother also adds advice on suppliers, recipes, packed lunches and weekly food diaries.

Voices from the Spectrum - Parents, Grandparents, Siblings, People with Autism, and Professionals Share Their Wisdom

Edited by Cindy N. Ariel and Robert A. Naseef

Ref: 128

JK £10.39

The broad scope of this book presents insights into the autism spectrum from many different perspectives – from first-hand accounts of the autistic child's school and childhood experiences to parents' and grandparents' reactions to a diagnosis. A number of chapters written by professionals explain their motivations for working with autistic people and reveal what they have learned from their work and how it has affected their lives. The contributors describe experiences of autism from the mildest to the most severe case, and share their methods of adapting to life on the spectrum.

What Did You Say? What Do You Mean? - An Illustrated Guide to Understanding Metaphors

Jude Welton

Ref: 047

NAS £12.95

People with ASD often have problems with expressions such as chip on the shoulder or raining cats and dogs. This amusing book aims to help with explanations and witty drawings of 100 of the commonest metaphors and would make a good present.

What is Asperger Syndrome and how will it affect me?

Autism Helpline

Ref: 087

NAS £1.50

Aimed at 8-13 year olds, this excellent booklet explains Asperger syndrome in simple jargon-free language for children with Asperger syndrome. It also offers helpful contacts and strategies for making life more comfortable.

What You Can Do Right Now to Help Your Child with Autism NEW!

Jonathan Levy

Ref: 225

NAS £7.99

Ten things that parents can do to help their child with autism, from not reacting, to joining with the 'stims', and dealing differently to crying. Jonathan has worked with hundreds of children with autism.

What's so special about autism?

Lorna Wing

Ref: 147

NAS £3.00

Lorna Wing discusses the characteristics of autism and how these affect the services that people with an autistic spectrum disorder (ASD) need. She highlights how ASDs are different from other types of disability.

- When Babies Read - A Practical Guide to Helping Young Children with Hyperlexia, Asperger Syndrome and High-Functioning Autism** Ref: 129
Audra Jensen JK £10.39
With practical suggestions on how to modify teaching and therapy programmes to suit a child's individual learning style, this practical guide will prove invaluable for parents of children with autism and hyperlexia.
- When my autism gets too big: a relaxation book for children with autism spectrum disorders** Ref: 043
Kari Dunn Buron NAS £8.99
This child-friendly book offers a host of strategies to help children with ASD to help themselves: how to stay calm and avoid anxiety. Illustrated with delightful full-colour pictures.
- When my worries get too big: a relaxation book for children who worry a lot NEW!** Ref: 273
Kari Dunn Buron NAS £8.99
More than anything, 'losing control' can cause major problems for children. Aimed at children aged 5-9, this book gives them an opportunity to explore with parents or teachers their own feelings as they react to events in their daily lives while learning some useful relaxation techniques.
- Why Do I Have To?: A Book for Children Who Find Themselves Frustrated by Everyday Rules NEW!** Ref: 226
Laurie Leventhal-Belfer NAS £6.99
This is a child-friendly book with child-friendly illustrations with colouring-in opportunities. Laurie looks at everyday situations that provide challenges for children at home, with their friends and at school. She empathizes with children's wish to do things their way, explains clearly why their way does not work and provides a list of practical suggestions for how to cope with these challenges and avoid feelings of frustration. This is a helpful book for children who find it hard to cope with the expectations of daily living, as well as for their parents and the professionals who work with them.
- Why does Chris do that?** Ref: 002
Tony Attwood NAS £6.00
"One of the most useful books about autism I've ever read."
Tania Chambers, carer of a young adult with Asperger syndrome.
Tony Attwood offers a better understanding of the unique difficulties associated with autism and Asperger syndrome. This is a really practical book, brim full of useful advice.
- Wild Ride up the Cupboards, A** Ref: 184
Ann Bauer £6.39
Edward is nearly four when he begins his slow, painful withdrawal from the world. For those who love him - his father, Jack, and mother, Rachel, pregnant with her third child - the transformation of their happy, intelligent firstborn into a sleepless feral stranger is a devastating blow. As Rachel delves into family history in search of answers, flashbacks from the past afford insight into the coping mechanisms of different families and marriages. Ann Bauer's spellbinding fiction debut is a brilliantly nuanced portrait of a marriage - and a family - under siege.
- Wishing On the Midnight Star - My Asperger Brother** Ref: 130
Nancy Ogaz JK £7.16
Wishing on the Midnight Star presents the sibling's view of the joys and frustrations of having a younger brother with Asperger Syndrome, with insights into the daily adventures of an AS family, and the positive coping, and loving strategies they have evolved. It is an engaging and amusing teen love story that will appeal to older and younger kids.
- Words will really hurt me - how to protect your child from bullying** Ref: 090
Autism Helpline NAS £1.00
Pupils with a disability can be especially vulnerable to bullies. For children or adolescents with autism or Asperger syndrome school can be particularly tough, as the nature of autism makes it hard to communicate and relate to others socially. This practical booklet looks at positive ways to prevent a child being bullied or to help reduce the bullying that they are subjected to.
- Wounded Bird of Paradise** Ref: 131
Mary Essinger JK £7.96
This is an engaging story filled with the highs and lows of real life. The author deals with the serious issue of how confusing a workplace can be for anyone with Asperger Syndrome and how daily life can be fraught with complications, but also tackles very ordinary emotions of love, loss and responsibility without losing a sharply funny edge. This book will prove an engrossing read for all, and of particular value to anyone concerned with Asperger Syndrome and settling in to work.
- You are Special Too: A Book for Brothers and Sisters of Children Diagnosed with Asperger Syndrome NEW!** Ref: 243
Josie Santomauro JK £5.99
This book offers a fun and accessible introduction for the sibling of a child diagnosed with Asperger Syndrome (AS). Also included are poems, stories, illustration and activities to help them come to terms with and move forward from a sibling's diagnosis of AS.

DVDs

- After Thomas NEW!** Ref: 257
Film £10.77
The true story of Kyle Graham: a six-year-old boy suffering from severe autism.

Asperger Syndrome and Employment, A Personal Guide to Succeeding at Work

Ref: 173

Nick Dubin with Gail Hawkins

JK £17.01

People with Asperger Syndrome can find it difficult to work in an environment that involves socialization with colleagues or a lack of routine. However, this DVD shows how success in the workplace is possible with perseverance and with the right supports and strategies in place. Nick Dubin discusses his own experiences at work and highlights challenges common among employees with AS. This is a valuable source of information and inspiration for teenagers and adults with AS, as well as anyone working with someone with AS.

Asperger Syndrome, A Different Mind

Ref: 172

Simon Baron-Cohen

JK £19.99

Narrated by Simon Baron-Cohen, this DVD presents viewers with the opportunity to both see and hear about the nature of Asperger Syndrome from children and adults themselves who have AS, as well as from their family members and school teachers.

Asperger's Syndrome, volume 2 - anger management, teaching teachers and teenage issues

Ref: 133

Tony Attwood

JK £75.00

In this DVD, Tony Attwood goes into depth on three important issues; Anger management, teaching teachers, and teenage issues. Readers of his book will be aware of his thoughtful and down-to-earth approach and this DVD presents groundbreaking new approaches to significant challenges.

Being Bullied, Strategies and Solutions for People with Asperger's Syndrome

Ref: 174

Nick Dubin

JK £17.02

The DVD outlines practical strategies for parents, professionals, schools, and individuals being bullied on how to prevent bullying. It stresses the importance of peer intervention, empathetic teachers, and verbal self-defense and shows how lack of teacher support, condemning of "tale telling," or even blaming the victim reinforces bullying. This DVD offers children and young people who are being bullied a chance to see that they are not alone, and will be a valued source of advice for parents and professionals.

Ben X NEW!

Ref: 259

Film

£3.98

Ben, an autistic teenager, has a hard time fitting in at school and is often the victim of bullying. He copes with this by immersing himself in his favourite video game, 'Archlord'; an online universe where he is in control of his fate, not the bullies. A powerful, provocative, and visually arresting drama from first-time director Nic Balthazar.

Black Balloon NEW!

Ref: 260

Film

£4.48

In this Australian film from the producer of Strictly Ballroom, Thomas has a lot to contend with. Not only has the teenager just moved to a new school, but he also has to take care of his older brother Charlie who is autistic.

Making Secondary School work for young people with autism NEW!

Ref: 287

West Berkshire Council

£0.00

The DVD is a 30 minute guide on how to help young people with autism at secondary school. It covers 5 key areas: Communication, Social Understanding, Organisation, Coping with change and Homework.

Molly NEW!

Ref: 258

Film

£2.98

John Duigan's film is the story of Molly (Elizabeth Shue), a functioning autistic with a learning disorder who was institutionalised when her parents died.

Mozart and the Whale NEW!

Ref: 261

Film

£2.98

A heartwarming romance inspired by two people with Asperger's Syndrome, whose emotional dysfunctions wreak havoc on their budding romance.

Games**Let's Talk!**

Ref: 176

Kathy Korb-Khalsa, Stacey Azok and Estelle Leutenberg

£13.50

Lots of tried and tested ideas provide every therapist and teacher with plenty of scope to encourage group participants to talk about themselves, their feelings, their likes and dislikes. Suitable for older children and adolescents and for use with social skills groups.

Top 5

Ref: 177

Linda Zachman

£13.50

Every group of any age range or ability will welcome this instant indoor activity. Top 5 consists of 75 cards, each of which suggests a category for Top 5 discussion. Cue cards for discussion, communication, travelling games and all forms of school activity.

UnGame, The

Ref: 175

Stephanie Martin and Lyn Darnley

£17.95

This is an amazingly successful game of self-expression. Non-competitive, it can be a great ice breaker or a serious exchange of thoughts, feelings and ideas. Explores the range of human experience from light-hearted fun to tender moments. Ages: 5 to adult.

Videos

ASK ME about Asperger's Syndrome

Michael Thompson

Ref: 134

JK £29.95

Professionals and parents describe the impairments that typically affect students with Asperger's Syndrome and offer practical suggestions and techniques for working with these children.

ASK ME is an acronym for Accepting, Structured, Kind & Supportive, Motivating, and Enriching - the key elements for providing an appropriate educational environment for students diagnosed with Asperger's Syndrome.

Asperger Syndrome: a mainstream school perspective

Wirral Independent Support for Parents

Ref: 075

NAS £15.99

A really helpful video, with interviews with pupils with Asperger syndrome, parents and professionals to give individual perspectives on life in mainstream primary and secondary school.

Asperger's Syndrome - a video guide for parents and professionals

Tony Attwood

Ref: 132

JK £65.00

All those who know Tony Attwood's work, and his highly acclaimed book, *Asperger's Syndrome: A Guide for Parents and Professionals* will be aware of his extensive knowledge of the subject and his down-to-earth and positive approach. In this video he explains and discusses the diagnosis of Asperger's Syndrome and how people who have been diagnosed in this way can be supported, and their strengths developed. He covers the theory of mind of those with this challenge and, as he does, his ideas broaden our perception and understanding. The video format enables the viewer to see his ideas in action, and will be invaluable for parent support groups, training, and as a general introduction to Asperger's.

Autism: you are not alone

Disabilities Trust

Ref: 074

NAS £5.99

This video offers a concise and clear introduction to autism. It explores autism in both children and adults and makes a strong case for the need for high quality schools and adult services. Presented by Jane Asher, it packs in a huge amount of helpful information in an accessible format.

Understanding Asperger syndrome

Royal Children's Hospital

Ref: 072

NAS £26.00

This video offers help for parents of newly diagnosed or potentially diagnosable children, their teachers and child health professionals. It includes information on diagnosis and assessment, typical behaviour characteristics of children with Asperger syndrome, management and teaching strategies. This video comes with extensive and very accessible notes.